
The Blue Horizon

E Kokua Pakahi Kahou

September 2001

ISC Honolulu Work-Life Newsletter

Volume 9 Issue 9



You're Invited to Attend



What: Coast Guard Spouses Association Welcome Aboard Spouses Tea

When: Sunday, September 23, 2001 2:00- 4:00 pm

Where: Diamond Head Lighthouse

Attire: Aloha Apparel

RSVP: by Sunday September 9, 2001 to CGSA Vice President Jennifer Stone (834-7904)

RADM Ralph D. Utley & his wife Col. Peggy Baldwin have graciously opened their home for the annual CGSA Welcome Aboard Tea. Kama'aina are asked to bring a pupu to share with everyone. If you have a home business and would like to set up a demonstration table, please contact Donna Holcombe at 834-0069.

"Healthy & Hapai (Pregnant)":

Look Good, Feel Good Day!"

Sponsored by Healthy Mothers, Healthy Babies Coalition of Hawai'i

When: Tuesday, September 11, 2001

Time: 9:00am-1:00pm

Where: McCoy Pavilion, Ala Moana Park

What: A fun and stress-free day of support, pampering, education and information.

This day event for pregnant women will include agency providers from a variety of personal care and support areas including: **massage, aroma therapy, cosmetics, hair/nail care, breast feeding consultation, self-care, stress management and more.**

Each service will provide an approximate 15-minute session to participants.

FREE On-site childcare will be provided.

If you would like to participate, please call (808)951-5805 or just show up on Tuesday anytime between 9am and 1pm for a treat that you deserve. Contact Mary Mansfield at 541-1584 for additional information or directions.

Hickam Community Connections Conference

When: Friday, September 21, 2001

Time: 8:30am-3:45pm

Where: Hickam Community Center

What: Topics to be covered include: communicating with your loved one, quick meals, resume writing, marriage and money, effective stress reduction, conflict resolution, exercising, and more! (See insert for details)

FREE childcare provided for children over 12 months of age

JEMS Job Fair 2001

When: Tuesday, September 18, 2001

Time: 11:00am-4:00pm

Where: The Banyans Club, Pearl Harbor

What: Recruiters from local businesses, mainland companies, and Federal, State, and County Government agencies will be recruiting to fill their job vacancies. Open to all military ID card holders including: family members, active duty personnel, retirees and their eligible dependents, and reservists. (See insert for details)



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

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Yes, send me the Blue Horizon!

Name: _____

Address: _____

Mail to: Commanding Officer (cw)
USCG Integrated Support Command
400 Sand Island Parkway
Honolulu, HI 96819-4398

Other Family Services

GUAM

Andersen Air Force Base (671) 366-8136
Naval Station Guam (671) 343-2981
Guam Red Cross (671) 344-9260
After-hours (672) 344-9260

OAHU

Hickam Air Force Base 449-2494
COMNAVREG Pearl Harbor 473-4222/2220
AMR 833-6831
Schofield Barracks 659-1900
MCBH Kaneohe 257-7787
Red Cross (808) 471-3155

Contracted Services

Employee Assistance Program
1-800-222-0364
GUAM and after-hours emergencies
1-800-222-0364
Military On the Move (MOM)
Relocation Information Packages
(800) 332-2053

Reach Coast Guard Work-Life staffs at 1-800-872-4957 followed by these extensions:

ISC Alameda	(252)
ISC Boston	(301)
ISC Baltimore	(225)
ISC Cape May	(629)
ISC Washington	(932)
ISC St. Louis	(302)
ISC Miami	(307)
ISC New Orleans	(308)
ISC Cleveland	(309)
ISC San Pedro	(311)
ISC Seattle	(313)
ISC Honolulu	(314)
ISC Ketchikan	(317)
ISC Kodiak	(563)
ISC Portsmouth	(305)



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The Blue Horizon is written and/or compiled by the Work-Life Staff, located at Integrated Support Command Honolulu, Sand Island.

*Comments and suggestions for future issues are highly encouraged! **Deadline is the 15th day of the preceding month.** Send Inquiries, submissions, and/or requests for copies to:*

**Commanding Officer (cw)
USCG Integrated Support Command
400 Sand Island Parkway
Honolulu, HI 96819-4398**

You can also send e-mail to: FGaran@d14.uscg.mil

Making the Most of Work-Life Programs

By
Ms. Jeri Couthen

The Employee Assistance Program Coordinator (EAPC) provides preventive education in life skills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve the quality of life.

Just Having Access to Work-Life Isn't Enough

A study documented in an issue of the *Employee Assistance Program Management Letter* states although an organization may offer work-life programs, if the employees don't perceive management support of those initiatives, then neither the company nor the workers will reap the potential benefits such as increased job satisfaction and decreased stress.

The study showed that while a large number of employees surveyed have family and personal responsibilities that impact their work-life balance and result in a tremendous amount of stress, nearly half had not used any work-life program within the past 12 months, citing corporate culture as the culprit. The study, conducted by the Gallup Organization found:

- 31 percent of the workforce surveyed felt their employer required its workers to choose between devoting attention to their families or advancing in their career;
- 31 percent indicated a belief that employees who put family needs ahead of their jobs are not looked at favorably;
- 41 percent believed that employees who adjust their schedules for family reasons are less likely to get ahead; and
- 30 percent said an unwritten rule keeps them from taking care of family needs on company time.

Supervisor/Management Support is Essential

The findings suggest that a non-supportive environment significantly inhibits usage of work-life programs. Of the people who chose not to use work-life programs, nearly 30 percent cited corporate culture issues such as "confidentiality" a "non-supportive company atmosphere" and a "stigma attached to using work-life programs" as their reasons.

Attitudes of supervisors and managers are the single greatest factor in defining corporate culture and employee's use of work-life programs. Four out of 10 of the survey respondents said their immediate supervisor does not encourage them to use work-life programs.

In contrast, the survey found employees in work environments perceived as supportive not only used the programs more, but also were significantly more satisfied with their jobs and experienced lower levels of stress in balancing work, family, and personal lives. Specifically, when supervisors and managers did support work-life programs, workers were significantly more satisfied with their jobs than workers with non-supportive supervisors - 71 percent versus 47 percent, respectively.

Getting the Most Benefit From Work-Life Programs

The study results indicate that one of the keys to getting the most benefit from work-life programs is not only to offer a variety of services, but also to actively support and encourage their use. Workers in this type of environment are most often highly satisfied with their jobs, experience the least amount of work/family conflict, and exhibit lower levels of stress and fewer incidents of minor health problems, according to the survey.

"It's not enough to simply offer work-life programs," said Ken Ross, senior vice president of Intracorp, the agency sponsoring the study. "Companies need to proactively and continually communicate program features and availability to all employees - and to help managers understand the return these programs can have on critical business metrics such as productivity, retention and satisfaction."

Does the Coast Guard Measure Up?

So, supervisors and managers, how do you think the Coast Guard would rate on a similar study? Just because we have one of the best work-life programs available doesn't necessarily mean people are willing to access its services. Please take an honest look at your own beliefs and attitudes and see if you are doing the Coast Guard a disservice. After all, just like our civilian counterparts, we too, are interested in increased productivity, retention, and job satisfaction.

If you have any questions about the wide variety of services available at the Work-Life Center, call the EAPC at 541-1585. Or talk to any member of the Work-Life staff. We're all very proud of the services we have to offer!

Quick Stats.....on Work-Life Issues

- Women assume more of the family's childcare and elder care responsibility than men, and experience more work/life stress than men. Forty percent of the women surveyed said that they experienced great amounts of stress in balancing work and family, compared with 26 percent of the men.
- Supervisors/managers who use work-life programs themselves tend to be most supportive of their workers work-life situation.
- The heaviest users of work-life programs are more likely to be married with children and have a spouse who works full time.

Source: Intracorp, 1998

*******FLAG VOICE 154*******
SUICIDE

The death of a friend, colleague, or family member as the result of suicide is a tragic event that is difficult or often impossible to understand. When a member of our Coast Guard family ends their own life, we are all affected directly or indirectly by this loss. **In the wake of the most recent suicide of an active duty Coast Guard member, our sense of loss has been compounded by the apparent misinformation that exists regarding the number of suicides that have occurred within the Coast Guard in recent years.** Adding to our difficulty to understand these tragic events is the fact that there are few consistent patterns or trends that can be determined from our review of statistics to explain why these suicides have occurred.

As we collectively engage in efforts to deal with this important issue in the most effective manner, it is important that accurate information regarding suicide rates be made available. **Regrettably, we have had four active duty suicides in FY-01. Over the past ten years, we have averaged five suicides and 23 suicide attempts among active duty members each year.** While these numbers may appear high to some, based on our active duty population, our numbers are comparable to national statistics.

Although we may not be able to determine why someone has committed suicide, there are some warning signs and symptoms of potential suicide victims, and actions that can be taken if these signs or symptoms are noticed. Earlier this year, for Suicide Awareness and Prevention Week, we published ALCOAST 220/01, which provided this information. Similar information was also distributed in Flag Voice 81, which addressed Suicide Prevention.

The Suicide Data Bank of the American Foundation for Suicide Prevention has just completed their first phase of a study designed to provide information that will allow us to better understand a person's thoughts, feelings, and behavior prior to suicide. The results of this phase of the study provide us with information that can help us identify a potential suicide victim and offer help and resources to prevent a suicide. **Three factors were identified as "markers" for what the study referred to as a suicide crisis. These "markers" include:**

1. **A precipitating event** - examples include the loss of a relationship on which the victim was dependent, the collapse of a career, or the fatal illness of a child.
2. **A person's affective state** - feelings of desperation, a sudden sense of abandonment, anxiety, rage, guilt, or humiliation appear to compound a person's depression. Of these factors, humiliation resulting from social or occupational failures, and desperation, plays a major role in precipitating an already depressed person into suicide.
3. **Behavioral manifestations** - three behavioral signs were identified: (1) speech (verbalized suicidal ideations), (2) actions (making an actual suicide attempt), (3) escalating self-mutilating or self-destructive behavior (substance abuse, speeding in a vehicle, a deterioration in everyday functioning which led to difficulties with employers or supervisors, absenteeism, loss of control, temper tantrums, breakups in relationships, or social withdrawal).

We should remember that a person who is in this kind of distress cannot make a rational decision. Although they desperately want to live, their pain is so intense that they want to make the pain stop, regardless of the cost.

In a HIGH OPTEMPO organization such as the Coast Guard, we will inevitably come across individuals who will be exhibiting these signs and symptoms. Each of us must make the commitment to become familiar with and recognize these symptoms, identify individuals that may be in trouble, and seek assistance. In doing so you may very likely be helping to save someone's life.

As an individual that may be suffering from depression, or thoughts of suicide, it is important to remember that you should not keep suicidal thoughts to yourself; **help is available. Reach out to a friend, a therapist, a family member, a religious/spiritual leader, or to the support network provided by the Coast Guard.**

Members of Team CG can obtain confidential assistance through the **Employee Assistance Program (EAP)**. The EAP is a professional counseling and referral service designed to help you with your personal, job or family problems. It is free, voluntary, and **confidential**. This program provides professional counselors that are prepared to assist you with virtually any issue or problem that may arise, including but not limited to concerns such as emotional, family, relationships, alcohol/drug use, job problems, and legal or financial problems. To obtain assistance, 24 hours a day, 7 days a week, 365 days a year, simply call **1-800-222-0364**.

You can also call or visit an **Employee Assistance Program Coordinator (EAPC)** at a regional work-life staff, which are located at Integrated Support Commands across the country. To contact the office nearest you, call **1-800-872-4957** followed by the extension listed next to these ISC locations: Alameda (252), Boston (301), Cleveland (309), Honolulu (314), Ketchikan (317), Kodiak (563), Miami (307), New Orleans (308), Portsmouth, (305), San Pedro (311), Seattle (313), St. Louis (302), and Washington, DC (932). Discussions of problems with an EAPC are also **confidential**.

You may also seek help from the **Chaplain Corps**, which is another confidential source of assistance, or from military treatment facilities that are on call 24 hours a day to assist you.

The most difficult step in dealing with any problem that appears to be too big to handle is to ask for help. The majority of people around us, whether they are a friend or a stranger, are willing to help someone in need. When you or a friend are facing difficult times, it may seem that to ask for help may be viewed as an admission of weakness; to the contrary, **asking for help is a sign of strength**. It is the most significant step that you can take toward addressing and resolving the problems that face you. **If you should find yourself facing troubling times that seem too difficult to handle alone, reach out to someone, anyone, and ask for help. You will likely be surprised just how quickly and effectively someone can help you address your problems.**

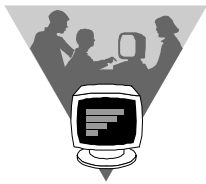
Regards, FL Ames

The Coast Guard Exchange System web site for purchasing on line is now available! Go to <http://www.cg-exchange.com>. From this web site you can also get to <http://www.shopcoastguard.com> which connects you with the CGES store at the Coast Guard Academy -- lots of logo gear available.

JEMS (Joint Employment Management System) Job Bank

By
Shirley D. Caban

The ISC Honolulu Transition & Relocation Programs Manager's (TRM) mission is to assist relocating and transitioning members and their families by providing them accurate and comprehensive information, including information on duty stations for CONUS and OUTCONUS locations. In addition, the TRM provides employment assistance including job referrals, resume assistance, and interviewing skills.



THE JEMS JOB BANK IS ON LINE!!! This means you can use any computer (including your home) that has internet capability and start your job search.

JEMS is a joint military venture funded by the Air Force, Coast Guard, Marine Corps, and Navy. They network with employers to acquaint them with the unique qualifications of job seekers from the military community and the advantages of listing their job openings in the JEMS Job Bank. JEMS produces the JEMS Job Bank, sponsors the annual job fair, and hosts the biannual Hawai'i State Department of Education Jobs and Information Fair.

The JEMS Office provides the following guidelines on how to get started:

How to use the JEMS Job Bank: IT'S AS EASY AS 1—2--3!

- 1) Contact your servicing Employment Resource Center (ERC) to register to use the JEMS Job Bank. Ms. Shirley Caban, Work-Life Center, can be reached at 541-1586.
- 2) Access the JEMS Job Bank from any internet-based computer and apply for the jobs that interest you.
- 3) Let Shirley know when you have found a job.

Employment Resource Centers (ERCs) can assist you with all your job search needs.

- Register to use the JEMS Job Bank
- Individual appointments with Employment Specialists/Counselors.
- Workshops on Career Planning, Conducting a Job Search, Resume Writing, Interviewing, Completing an Application, and many more.
- Client Resource Center has computers, printers, a library and other helpful resources.

The JEMS Job Bank is easily accessible and absolutely free of charge, making it a great resource for the military community to find job openings in Hawai'i.

- Exclusively for participating services' job seekers from the military community
- New jobs are added daily
- Job descriptions are detailed and contain company web sites
- Job seekers can search individually or in combination by six categories:
 - ✓ Job title
 - ✓ Job category
 - ✓ Geographic area
 - ✓ Work status
 - ✓ Company name
 - ✓ Job add date
- Job seekers have access to **More Info/Links** offering direct links to almost 100 company human resource web sites and Job Hotlines.

- Job seekers can arrange with their employment counselors to be notified about HOT job leads.

When applying for the jobs that interest you, keep in mind that:

- Many employers use multiple sources to list their job openings and may close their recruitment as soon as they find a qualified applicant rather than wait for the actual close date to make their selection. This means you will want to apply as soon as possible after a job is announced.

- Because new jobs are added daily, access the job bank often to view new listings.

We want to know if your job search was successful!

- Keep in touch with Shirley Caban if you need additional assistance to locate the right job for you.
- Advise Shirley if the JEMS Job Bank, Job Fair, or Hawai'i State Department of Education Jobs and Information Fair contributed to the success of your job search. In this way, you can ensure the continued operation of these services.

JEMS JOB FAIR 2001

Tuesday, September 18 11:00AM to 4:00 PM
The Banyans Club, Pearl Harbor

Recruiters from local businesses, mainland companies, and Federal, State, and County Government agencies will be recruiting to fill their job vacancies.

This is the perfect opportunity to talk with recruiters, drop off your resumes, pick up applications, and talk with company representatives—all in one place.

Come prepared to take advantage of this opportunity!

Bring a large store of resumes, your appointment calendar, and material to take notes.

Open to all military ID card holders including: family members, active duty personnel, retirees and their eligible dependents, and reservists.

YOU MUST PRESENT YOUR MILITARY ID TO GAIN ENTRANCE.

NO CHILDREN WILL BE PERMITTED.

A class on **Preparing for a Job Fair** will be held on 5 September at 1:00 PM at the Fleet and Family Service Center, Naval Station, Bldg 193, Pearl Harbor, HI. To register, call, 473-4222 ext 1.

Your Transition & Relocation Manager, Shirley Caban, gladly offers her services if you need assistance in writing a resume, or need more information. Call *now* to give yourself sufficient time to prepare for this annual event.

FAMILY SUPPORT CENTER @ HICKAM AFB

Building 1105, 449-2494 or 449-6475

www.hickam.af.mil/FamSup

BALANCING WORK AND LIFE: TIME

MANAGEMENT, Sep 5, 9:00-11:00 am. Learn to reduce personal stress by better managing your time. Acquire practical skills that will help you determine priorities, define and accomplish goals, and mobilize resources.

DEPARTMENT OF VETERANS' AFFAIRS (VA)

BENEFITS COUNSELING, Sep 11, By Appointment.

Direct from VA. A counselor will be available for individual 30-minute appointments to address questions and concerns for separating/retiring personnel.

FAMILY READINESS BRIEFING, Sep 10, 17, & 24, 1:00-

2:30 pm. Create your own Personal /Family Care Plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, child care, and car care.

HOME BUYING 101, Sep 19, 1:00-4:00 pm. Does the thought of buying your first home have you excited or a little apprehensive? What are all these "closing costs?" And, how many "points" should I pay? Does the VA lend money? Answers to these questions and more about the home-buying process will be explored for those who are considering the purchase of their first home. Information from this class will be applicable for homes purchased in Hawaii or on the mainland.

JOB FAIR 2001, Sep 18, 11:00 am-4:00 pm (Banyans Club, Pearl Harbor). The Joint Employment Management System (JEMS) will sponsor its annual job fair for all military ID card holders. Hawaii and mainland companies, and government agencies will be recruiting for positions within their organizations. Explore employment options, talk to representatives, leave your resumes with the "hiring people," and make appointments for interviews—all in one location.

LOOKING FOR EMPLOYMENT IN HAWAII, Sep 4 &

25, 8:30-11:00 am. Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

NEW TO HAWAII FINANCIAL BRIEFING, Sep 26,

1:00-2:00 pm. Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam. This class will introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws. Active duty members must register through their orderly rooms. All others, please call 449-2494.

PLAYMORNINGS, Tuesday-Friday Sessions, Sep 4-28,

9:00-11:00 am. Free and fun playgroups. Parents and children ages 1-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

RESUME WRITING II, Sep 27, 1:00-3:00 pm. You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume Writing I, TAP Workshop, or equivalent training is required prior to attending this class.

SELF-ESTEEM: I MAKE A DIFFERENCE!, Sep 26,

9:00-11:00 am. Achieve confidence, credibility, and composure. This workshop aims to help individuals identify and build their self-worth as well as recognize the positive differences they make in the lives of others.

SINGLE PARENTS ARE SPECIAL (SPARES), Sep 20,

11:00 am-12:00 pm (FSC Lanai). This FSC-sponsored group is your opportunity to share, learn, and discuss time and stress management, developmental skills, discipline, safety, and child care. Your concerns are our concerns. Together we can find solutions!

SMOOTH MOVE, Sep 27, 9:00-11:30 am. Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

SPONSORSHIP TRAINING, Sep 6, 9:00-10:30 am. Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

TRANSITION ASSISTANCE PROGRAM (TAP)

WORKSHOP, Sep 11-13, 8:00 am-4:00 pm, Daily (Chapel Annex, Building 500).

Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

VOLUNTEER ORIENTATION, Sep 6 & 20, 11:45 am-

12:45 pm (American Red Cross, Bldg 1113). Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

VOLUNTEER SUPERVISORY TRAINING, Sep 12, 11:30

am-1:00 pm (American Red Cross, Bldg 1113). Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

Chaplain's Corner

By
LT Daniel E. McKay, CHC, USNR

William Marketplace Thackeray says it well, "Bravery never goes out of fashion." Unfortunately, many associate bravery only with actions exhibited on the battlefield. Bravery, however, is really about possessing quality values, principles, and morals and consistently applying them to our choices on a daily basis. Careful, studious thought in the selection of these is of utmost importance, then, as it's easier to be courageous about the things we're most certain.

Three timeless, unchanging values have been alluded to throughout history: truth, beauty, and goodness. Helping us adhere to these ideals of highest worth are several guiding principles: love, honesty, justice, faithfulness, temperance, etc. And, in turn, the combination of our values and principles leads to the formation and implementation of morals—guiding rules or laws. Thus, ethical persons are those living in agreement with their values, principles, and morals.

The problem today is that too few people take time to reflect upon and choose wisely these three foundations for effective character formation and living. Evidence of this fact abounds: we only have to look at the latest headlines to read of another political leader, celebrity, neighbor, or military member who has succumbed to the lure of drugs, sex, money, power, fame, or similar temptation. Our society and world desperately need those willing to be different and courageous enough to be so.

Living up stream in a down stream world, though, is tough. Of course, that's where this thing of bravery comes in. It takes a strong, determined heart, mind, and will to stay true to God, self, and others. And, let's admit it, remaining loyal to our commitments and relationships can sometimes be a struggle, but doing so is also what makes life most meaningful and rewarding. Moreover, it is what's needed in order to provide an example and path for others to follow.

Here's, then, where I say thank you, my fellow Coast Guardians, for living a life of consistent bravery on a daily basis. Thank you for taking care of your marriages, your sons and daughters, and your coworkers. Thank you for your active, courageous part in making our community, nation, and world a better

place. And thank you for encouraging me to do the same by your example. I know it's not always easy, but, as Stephen Covey so eloquently reminds us in his book *The 7 Habits of Highly Effective People*, the private victories we win in our own hearts each day enable us to win the public victories, as well. So, keep the faith, stay focused, and remember, "Bravery never goes out of fashion."

Religious Faith and USCG History Calendar:

01 Sept. 2001	Ecclesiastical New Year (Orthodox Christian)
02 Sept. 1945	WW II ends aboard USS MISSOURI
03 Sept. 2001	Labor Day Holiday
04 Sept. 1945	Surrender of Aguijan Island aboard USCGC 83434
05 Sept. 1946	U.S. Air-Rescue Agency renamed Search and Rescue Agency under USCG Commandant
08 Sept. 2001	Slichot (Jewish) Nativity of the Mother of God (Catholic/Christian)
09 Sept. 2001	Grandparents Day
09 Sept. 1942	USS MUSKEGET (Coast Guard-manned) lost at sea
12 Sept. 1941	Cutter NORTHLAND makes first enemy vessel capture of WW II (the BUSKOE)
14 Sept. 1776	Boston Lighthouse, first in America (1716), placed on exhibit
14 Sept. 1989	Sikorsky HH60J begins Coast Guard duty
15 Sept. 1990	PSU 303 becomes first reserve port security unit deployed overseas
18 Sept. 1989	USCG Hurricane Hugo operations begin
18-19 Sept. 2001	Rosh Hashanah (Jewish)
21 Sept. 2001	POW/MIA Remembrance Day
21 Sept. 1989	New York USCG units rescue 61 survivors of U. S. Air Flight 5050
22 Sept. 2001	First Day of Autumn
25 Sept. 2001	Boston Lighthouse's 285 th Anniversary
26 Sept. 1918	German UB-91 sinks USCGC TAMPA
26 Sept. 1994	USCG forces support Operation Restore Democracy in Haiti
26-27 Sept. 2001	Yom Kippur (Jewish)
27 Sept. 1942	Signalman 1/c Douglas Munro gives life evacuating Marines at Guadalcanal
28 Sept. 1850	Act of Congress provides for systematic coloring and numbering of all buoys
29 Sept. 2001	St. Michael and All Angels (Catholic/Protestant Christian)
30 Sept. 1997	Hawaii Omega Navigation Station ceases operation

In God's love,
Chaplain McKay

Friendship

By
Owen M. Norton, MSW, LISW

The Family Advocacy Specialist (FAS) is a certified social worker who provides guidance, support, resources, referrals and information to commands as well as to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who want to break the “Cycle of violence” in their relationships.

What is a friend? One interpretation of a friend is “someone who looks forward to seeing you, and now has immediate plans for your improvement.”

How important is it to have friends? Friends are of critical importance in our lives. This fact is demonstrated poignantly when we find ourselves stationed apart from our family. Here are some key points to keep in mind with regard to friendship.

- **Everyone differs in terms of how many friends they need.** While one person feels comfortable having a few friends, another might enjoy knowing and socializing with many friends. For many individuals, a relationship with their partner fulfills the need for friendship. In fact, a marital survey stated that the single most important goal of marriage is to have a friend.
- **Men and women forge friendships in different ways.** Men often participate in activities with friends, such as a fishing or recreation. Women tend to have friends that are more social and comprehensive (as opposed to having friends with whom they participate in activities.)

A point to consider while developing friendship is to that it’s helpful to **know the environment** and to **be aware of unique circumstances**. If you

just moved here, you may choose to put your energy towards meeting people who are long-time residents or those who are also recent arrivals, rather than expending energy to form friendships with those who will be moving to a new duty station in the next few months. Individuals preparing to PCS may be less open than others to forming friendships and relationships. In contrast, newly transferred individuals may be more open to developing relationships and forging new friendships.

Environment. It’s a good idea to know the location and circumstances under which you’ll be meeting people. Nightclubs are often one of the least desirable places to develop friendships. Think about it for a second. How well can you carry on a conversation with music blaring in the background or someone being under the influence of alcohol, often saying stupid things? MWR offers classes and activities that provide great ways to meet others and develop friendships. The Coast Guard Day at Kualoa Ranch, last month, is a good example of a place and event to meet and develop friendships. Opportunities to develop meaningful friendships occur when you **take classes in things that interest you**. A scuba course, a cooking class, yoga class, college class, participate in an intramural activity, church activities, etc., are all excellent places where you can meet and develop friendships in a healthy environment.

In our next issue of the *Blue Horizon* we’ll look at the stages of friendship.

Combat Creeping Obesity

(Part 1 of 3)

By
Jessica R. Dung

The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional health promotion program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through voluntary adoption of healthier lifestyles.

Food choice is just one of hundreds of choices we make every day. Healthy lifestyle behaviors and practices are also personal choices. We already know that following the seven good health practices (avoiding tobacco, exercising regularly, eating breakfast daily, eating regular meals and avoiding snacking, maintaining a healthy body weight, using alcohol responsibly, and getting 7-8 hours of sleep each night) increase longevity and quality of life. Numerous studies report that poor behavior choices account for nearly 70% of the top three causes of death (heart disease, cancer, and stroke) in the U.S. today! We're well aware that healthy lifestyle behaviors are "good for you". In addition, understanding the effects of *poor behavior choices* affects a person's likelihood of gaining weight as much as poor food choices. This article is the first in a three-part series which will highlight behaviors that, when disregarded, will counter your attempts to lose weight.

Eating Too Fast

It's easy to overeat when eating too fast. Thousands of chemical receptors within each taste bud are stimulated upon eating, and send sensory signals to the brain. If a person eats too quickly, there is reduced stimulation of taste detectors and minimal satisfaction. Consequently the individual has an increased desire to eat more and more food.

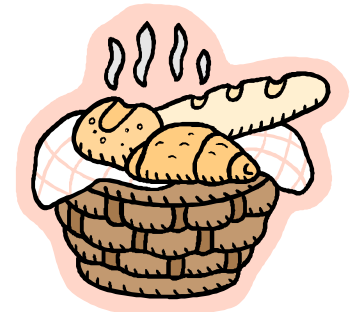
Chewing releases the aromas in food and heightens the pleasure gained from eating. The smell of food accounts for nearly 50% of the initial satisfaction from eating. The nose and taste buds work in concert to provide the enjoyment we gain from eating. (Have you ever noticed that food tastes bland and your appetite is diminished when you have a cold?) It goes without saying that the more thoroughly food is chewed, the less likely a person will have to eat to feel satisfied.

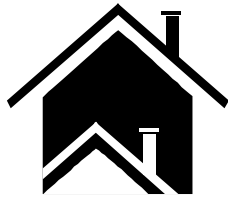
Chewing increases taste and smell of food providing a greater sense of satisfaction. Consequently, a person will feel greater contentment with a smaller portion. Use the following tips to decrease the pace of your eating, increase your satisfaction when eating, and ultimately, eat less food.

1. Put your fork or spoon down between bites.
2. Eat with the opposite hand. Use your non-dominant hand or try your skill at using chopsticks!
3. Play slow music in the background during mealtimes.
4. Play a game with others at the table to see who can finish last.
5. Time meals to last at least 20 minutes.
6. Chew each bite 10 to 20 times.
7. Focus on the first three bites. The taste buds become increasingly desensitized with successive bites.
8. Pretend it's a new food that you taste. When eating something unfamiliar, you naturally spend more time paying attention to the color, smell, texture, what it really tastes like.

Flavor is composed of many elements. It begins with high-quality ingredients, and is amplified (or suppressed) through preparation and cooking techniques. All five of our senses (sight, sound, smell, touch, taste) provide us with perceptions (four primary tastes of bitter, sweet, salty, and sour) that, when taken collectively, become "flavor." What we typically think of as "taste" or "flavor" is actually the interaction of taste and smell, combined with the feel of the food in the mouth. Such a complex experience deserves our undivided attention!

With the increased propensity for Americans to perform acts of "dashboard dining," the culture that values the "super-size" slowly becomes the population of the super size!





OAHU HOUSING CORNER SEPTEMBER 2001

RED HILL ELEMENTARY BUS SCHEDULE



A bus service is provided for those children residing in Phase II only. The first morning bus run will pick up students at 7:10am. The second morning bus run will arrive no later than 7:25am. Afternoon pickups will leave the school at 2:10pm, and the last pickup will leave the school no later than 2:25pm. On Wednesday afternoons, the bus will pickup the children beginning at 1:25pm with the last bus leaving the school no later than 1:45pm.

PHASE II STUDENT PICKUP AND DROPOFF AREAS:

1. BUS STOP NEAR 969 KUKUI DRIVE
2. CIRCLE LOCATED AT COURT 971 – 1017 KUKUI DRIVE
3. BUS STOP LOCATED AT COURT 1019 – 1053 KUKUI DRIVE
4. BUS STOP LOCATED AT NETTLE DRIVE

Children will be picked up and dropped off only in areas specified above. If you have any questions concerning the Red Hill Elementary School bus schedule, please call our Housing Office at 831-2766.

Students who reside in Phase I have walking access to two paths located at Eagle Circle and the Phase I baseball field near the top of Tampa Drive.

Students attending Moanalua Intermediate or Moanalua High School should contact the respective school administration offices for the school's bus schedule and related information.



DZS/BAKER LLC Maintenance Contractor "At Your Service"

The DZB maintenance contractor services all your maintenance and repair needs for all KKH and Wailupe residents. All requests for maintenance can be called into the DZB Work Order desk at 486-4200. After hour appointments are available from 1700 to 1900 hrs for those occupants not available during the normal workday. The contractor will respond to a work request for repairs using the following criteria:

- **Emergency** calls are responded to within two (2) hours, 24 hours a day.
- **Urgent** service calls are responded to within 24 hours.
- **Routine** service calls are scheduled as soon as possible, but no more than 7 days from the date you call in your work request.

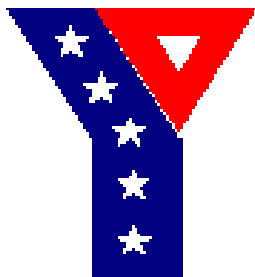
For additional assistance, please call DZB at 486 – 4200 or 486 – 3554. You may also call our Housing Office at 831-2753/2766 for further assistance

ANNUAL HOUSING INSPECTION SEASON IS UPON US



In an effort to provide adequate and safe housing for Coast Guard members and their families, the Housing Office conducts annual housing inspections. From September 15 to December 15, 2000, Coast Guard Inspectors will be visiting each residence to complete an annual inspection. Residents will receive a letter, approximately ten days in advance, notifying them of their scheduled inspection date and time.

The annual inspection includes an examination of the material condition of the unit, monitors and provides education on environmental health risks, as well as fire and safety inspections and awareness. The inspection will be limited to one hour per unit.



***Armed Services YMCA/AMR
September 2001 Calendar of Events
1875 Aliamanu Drive, Honolulu, HI 96818
Phone # 833-1185, Fax # 834-3631
E-Mail: ASYMCAAMR@aol.com
Open Mon-Thurs, 8:00am – 1:30pm***

PLAYMORNING

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!

THEME FOR SEPTEMBER: ALL ABOUT ME

LOCATIONS & TIMES FOR AMR :

- ASYMCA Pavilion M, W, Fr 9:00-10:30
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

LOCATIONS & TIMES FOR PEARLHARBOR:

- Pearl City Penn CC Monday 9:00-10:30
Thursday 10:30-12:00
- Moanalua CC Tuesday 9:00-10:30
- McGrew CC Wednesday 10:30-12:00
- Manana CC Wednesday 9:00-10:30
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

***NOTE "CC" stands for Community Center

** AMR Playmorning is now held in our classroom.

KINDERMUSIK

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices range by age, ages available are Newborn to 7 years.

LAMAZE

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins **September 6 – October 11**. The following class is from 18 Oct – 22 Nov. E-5 and below are \$50, E-6 and above \$60. Pre-registration and pre-payment required no later than September 4th.

T.O.P.S.

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

INFANT/CHILD CAR SEATS

Have family visiting from out of town? Just got into town yourself? Loaner infant/toddler car seats are now available for those who need them. No charge, just an ID card required.

ASYMCA EXCURSION

The Armed Services YMCA all over Oahu will be going to the Polynesian Culture Center on September 25 from 9:00-12:30. The tour will include 2 villages, Imax movie, & a canoe tour! Adults \$7, Children 1 and up are \$2, Children under 1 are free. **A bus will be provided free of charge.** Pre-registration and Pre-payment require **NO LATER THAN SEPTEMBER 10, 2001.** For more information call 833-1185 or see your local Playmorning coordinator.

NOW OPEN!!!!!!

CHILDREN'S WAITING ROOM

The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are Monday, Tuesday, and Thursday from 8:00-12:00

WELCOME BABY

This program provides home visitors who call on the families to-be to offer support and answer questions new mothers and fathers have about their new baby. This program is in conjunction with the Joint New Parent Support Program at Tripler AMC and the ASYMA.

FINGERPRINT YOUR CHILD!

September 12, 2001 the Armed Services YMCA is working with the Military Police from 9-10:30 (or until finished) to fingerprint your child(ren). It is a good way to have a record of your child's identity. It will be free of charge at the ASYMCA at AMR. Call by September 10 for an appointment.

IMPORTANT DATES TO

REMEMBER:

1. September 3 – Labor Day (Holiday)
2. September 13 – Grandparent's Day
3. September 17 – Citizenship Day
4. September 22 – First Day of Autumn
5. September 24 – Bullwinkle's Birthday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LABOR DAY HOLIDAY ASYMCA CLOSED	4 PM Ft. Shafter 9:30-11 PM Moanaloa 9-10:30	5 PM McGrew 10:30-12:00 PM AMR 9:00-10:30 PM Manana CC 9-10:30 T.O.P.S. 6:00-7:00pm	6 PM Catlin CC 9:30-11:00 PM PC Penn. 9:00-10:30 New Lamaze Class 7-9 pm Kindermusik	7 PM AMR 9:00-10:30 PM HaleMoku 9:30-11 Open by appt. only
10 PM AMR 9:00-10:30 PM Red H. 10:30-12:00 PM PC Penn 9:00-10:30	11 PM Ft. Shafter 9:30-11 PM Moanaloa 9-10:30	12 PM McGrew 10:30-12:00 PM AMR 9:00-10:30 PM Manana CC 9-10:30 T.O.P.S. 6:00-7:00pm Fingerprinting 9:00-10:30	13 PM Catlin CC 9:30-11:00 PM PC Penn. 9:00-10:30 Lamaze 7-9 pm Kindermusik Grandparent's Day	14 PM AMR 9:00-10:30 PM HaleMoku 9:30-11 Open by appt. only
17 PM AMR 9:00-10:30 PM Red H. 10:30-12:00 PM PC Penn 9:00-10:30 Citizenship Day	18 PM Ft. Shafter 9:30-11 PM Moanaloa 9-10:30	19 PM McGrew 10:30-12:00 PM AMR 9:00-10:30 PM Manana CC 9-10:30 T.O.P.S. 6:00-7:00pm	20 PM Catlin CC 9:30-11:00 PM PC Penn. 9:00-10:30 Lamaze 7-9 pm Kindermusik	21 PM AMR 9:00-10:30 PM HaleMoku 9:30-11 Open by appt. only
24 PM AMR 9:00-10:30 PM Red H. 10:30-12:00 PM PC Penn 9:00-10:30 Bullwinkle's Birthday	25 No Playmorning Excursion to Polynesian Culture Center	26 PM McGrew 10:30-12:00 PM AMR 9:00-10:30 PM Manana CC 9-10:30 T.O.P.S. 6:00-7:00pm	27 PM Catlin CC 9:30-11:00 PM PC Penn. 9:00-10:30 Lamaze 7-9 pm Kindermusik	28 PM AMR 9:00-10:30 PM HaleMoku 9:30-11 Open by appt. only

Hickam Integrated Delivery System (IDS), an entity consisting of the following participants:

- Family Support Center
- Family Advocacy Program
- Hickam Chapel
- Life Skills Support Center
- Health and Wellness Center
- Family Member Programs

Invites you to their

Hickam Community Connections Conference

Friday, September 21, 2001

Hickam Community Center

8:30-9:00
9:00-10:15

Registration

Session One

- Communicating with Your Loved One Gain effective hands-on communication skills and a positive outlook on your relationship.
- Your Child's Amazing Brain Implications of recent research on early brain development.
- Quick Meals Come learn the secrets to quick and easy low-fat cooking.
- Resume Writing Acquire the tools necessary to make your resume competitive in today's job market.

10:15-10:30
10:30-11:45

Break

Session Two

- Keiki Connections Learn child-centered activities you can do at home.
- Marriage and Money Learn how to start a savings-investing plan for the future and manage your financial experience.
- Taming the Toddler Enjoy learning how to tame your toddler without hampering independence and self-expression.
- Resume Writing (continued)

11:45-1:00
1:00-2:15

Lunch (on your own)

Session Three

- Conflict Resolution Learn how to keep your head and resolve conflict positively.
- Positive Guidance Guidance and discipline techniques to use with children of all ages.
- Where Did The Fireworks Go? Come learn how to put the spark back into your marriage!
- Interviewing with Confidence Learn the skills and techniques to make your interview a successful one.

2:15-2:30
2:30-3:45

Break

Session Four

- Conflict Resolution Learn how to keep your head and resolve conflict positively.
- Preparing for Your Wedding and Beyond Plan your wedding day and marriage. Topics include pre-marital counseling and wedding day considerations.
- Exercising Learn the benefits of getting or staying fit.
- Interviewing with Confidence (continued)

To register or request additional information on the conference and/or FREE limited childcare for children over 12 months, please call the Family Support Center at 449-2494.

U.S. Department
Of Transportation

Mailing Label

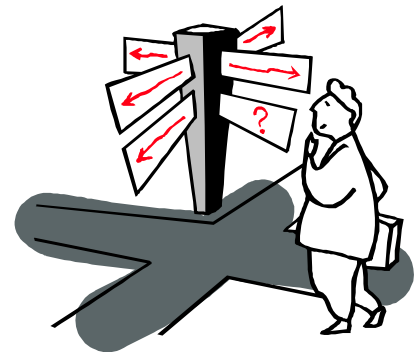
United States

Coast Guard

**Commanding Officer
USCG Integrated Support Command
Work-Life Center
400 Sand Island Parkway
Honolulu, HI 96819-4398**

ADULT COLLEGE AND VOCATIONAL SCHOOL FAIR

Thursday, October 11, 2001
5:00-7:00pm



EFFECTIVE HABITS FOR SUCCESSFUL RELATIONSHIPS

This two-part workshop provides an opportunity to explore present beliefs and issues in a safe environment. An inside-out approach for resolving personal difficulties is suggested.

Tuesday, September 18, 2001 5:00-7:00pm

or

Tuesday, September 25, 2001 5:00-7:00pm

Both events will be held at the Pearl Harbor Fleet and Family Support Center, Building 193. To register, call 473-4222, or visit <http://www.pearlharbor.navy.mil/ffsc>